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## EDITORIAL

## RESOLUTIONS CAN BE MADE ON ANY DAY

Online Editor Lauren Daniel says it's no big deal if New Year's resolutions fall flat, as any day of the year is a good time to make positive changes.

OPINION, p. 2

## NEWS

## CADAVER LAB STUDENTS TALK ABOUT CLASS

In part one of a three-part series, the Pioneer talks to a group of students about how it feels to be part of a class that uses cadavers. Turn inside for more.

NEWS, p. 7

## SPORTS

## SIGN-UP DEADLINE APPROACHING

Intramural Sports Assistant Matthew Wright said students have until Feb. 3 to sign up for basketball competitions. Find out more inside.

SPORTS, p. 8

## COMMUNITY

## NEW CAMPUS CLUB INVITES MEMBERS

Club President Benjamin Mowbray says the Agnostic, Atheist and Freethinkers club welcomes all students with open arms. Turn to page 10 for more.

COMMUNITY, p. 10



# OKLAHOMA CITY COMMUNITY COLLEGE PIONEER

JAN. 30, 2015

PIONEER.OCCC.EDU

COVERING OCCC SINCE 1978

## Find Lorenzo



ETHAN COOPER/PIONEER

Diversified Studies major Lorenzo Perez relaxes by a cluster of stacked chairs outside the Bruce Owen Theater Jan. 23. Perez said the students who assembled the chairs were initially putting on a performance for him. "They stacked all these chairs together and claimed this was art," he said.

## Help available for those with disabilities

### Disability Support Specialist says confidentiality assured

**JORGE KRZYZANIAK**  
 Senior Writer  
[seniorwriter@occc.edu](mailto:seniorwriter@occc.edu)

Students with disabilities of any kind may confidentially request adjustments or accommodations that can provide them equal access to course material through the Student Support Services office. Todd Rudat is OCCC's Disability Support Specialist. He said he helps determine the adjustments and accommodations necessary for each student.

Then he helps to implement any changes however he can.

"My job is making course content accessible to students," Rudat said, "Everybody benefits from accessibility."

"It's right there in our mission statement. Empowering our students to achieve their educational goals; that's us living up to who we are."

Types of accommodations range through a wide spectrum, Rudat said.

Seating or lighting can be changed if necessary for a student, he said, or electronic devices could be employed where need be.

Rudat said some adjustments are made with the help

of OCCC staff.

"We have an American Sign Language interpreter," he said.

"We have another employee who does live captioning of classes ..."

"We also have someone on staff whose responsibility is formatting of printed materials."

See **ACCESSIBILITY** page 9

## Free concert tickets offered to students

**KATIE AXTELL**  
 Community Writer  
[communitywriter@occc.edu](mailto:communitywriter@occc.edu)

This semester is bringing a wide variety of events to the OCCC VPAC, said Cultural Programs Director Lemuel Bardeguéz. And the best part of all?

Students can attend the shows for free.

"It's a really great opportunity for students who are strapped on cash ... to maybe bring a date for free, bring a parent to thank them for helping them with school, or

See **TICKETS** page 9



OPINION

EDITORIAL | It's never too late to make life changes

# Set goals every day, not just Jan. 1

It's officially been 30 days since Jan. 1, which means it's been 30 days since many folks made New Year's Resolutions. At this point, those people are either still going strong or have stopped somewhere during the second week of January. Congratulations to both groups.

Many Americans made some goal about losing weight, saving more money, or becoming more organized. Those are the top three resolutions according to the Huffington Post, along with the other top seven: enjoying life to the fullest, staying fit and healthy, learning something exciting, quitting smoking, helping others achieve their dreams, falling in love and spending more time with family.

However, it's highly unlikely anyone will see a New Year's Resolution through to 2016. I'm not being a Negative Nancy; this is just the cold, harsh reality.

According to [www.statisticbrain.com](http://www.statisticbrain.com), around 45 percent of Americans make New Year's Resolutions, but only about 8 percent actually achieve them.

These statistics are not surprising. I can't tell you how many times I've made a New

Year's Resolution and haven't made it past Jan. 5. In fact, I don't even think I've ever completed one.

So, this year I decided I wasn't going to make a New Year's Resolution. I made a conscious effort to treat this year like nothing had changed, which seems to be a foreign concept to everyone.

The New Year is appealing because most people view it as an opportunity to start over. In some ways, I suppose that's true, but chances are, you're still working at your same job, going to your same school and talking to your same friends. The New Year is simply a day to celebrate a number, not to act like you have a whole new life.

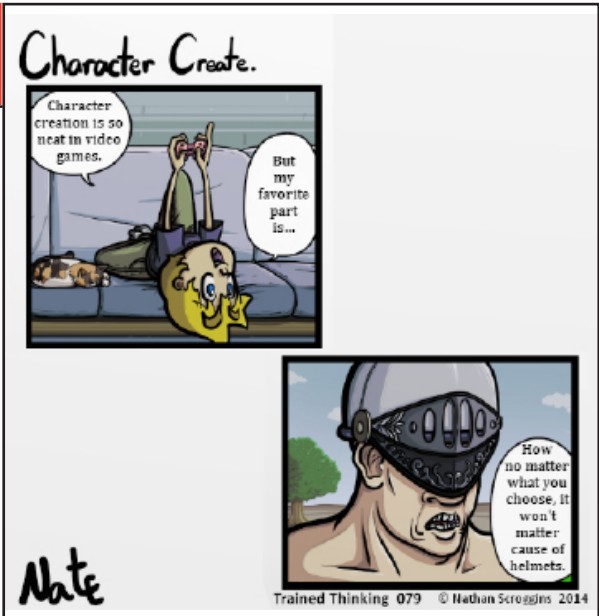
Why do we think New Year's Day is the perfect time for self-improvement? Why not start on Jan. 30 or April 24 or June 7?

Setting goals every day is important — not just one day each year.

While I didn't make an actual New Year's Resolution, I realize I'm not perfect and I did think I have room for improvement in various areas of my life.

I didn't start on Jan. 1, and I still haven't started some of my goals, but it doesn't matter. It's not about the time it takes to achieve something, it's about the end result.

Ofentimes, we jump into multiple resolutions blindly and don't set daily, weekly, or even monthly plans to help us make a change. We just expect things



to change because we desire change. But change takes time, commitment and dedication.

Good Housekeeping gave five tips that can help you keep your resolution, but these apply for any goal or life-change you wish to see: set realistic goals, create a plan for success, monitor your progress, jump “back on the horse” immediately and reward yourself.

If you're one of those who let their resolution go already, try again, because there's still hope. Your New Year's Resolution doesn't have to start and end with each year. Set a goal now, next month, or even this summer. Don't get discouraged if you don't complete it by Jan. 1, 2016. Aim to make yourself better each and every day. It's never too late to make a change.

—LAUREN DANIEL  
ONLINE EDITOR

LETTER TO THE EDITOR | Butter should be an option instead of the norm

# Letter writer asks for healthier veggies in food service area

To the Editor:

It's 2015. In the past decade, the college has come a long way in many areas. Among other things, we have an amazing new theater, the best in computers for student use and some of the best science labs in the nation.

However, one thing that hasn't changed is the quality of the hot line food served in the cafeteria.

When a contract was signed with Consolodated Management Company back in 2013, one of the things that company vowed to do was to offer healthier meals.

At that time, Food Service Director Corrine Aguilar told the student newspaper, “[Patrons] like to have a lot of healthy options so we try to make sure we offer fresh vegetables on the entree line every day ...”

And they do offer vegetables on the entree line ev-

ery day. Unfortunately, day after day, those perfectly healthy veggies are swimming in a ton of unhealthy butter.

Vegetables are naturally low in fat. They add flavor and variety to your diet. They also contain fiber, vitamins and minerals. Margarine, butter, mayonnaise and sour cream add fat to vegetables, according to [familydoctor.org](http://familydoctor.org).

It makes me wonder: has the cook not discovered that herbs and other healthy seasonings can add as much — if not more — flavoring to steamed/sauteed vegetables as a huge dollop of butter?

It seems an easy and cheap way out to me.

Maybe Consolidated could invest in some olive oil and seasonings to use instead?

Or perhaps offer a pat of butter on the side to those

who want it.

In addition, why haven't the food servers been instructed to bear in mind that not everyone eats dairy or meat, and be given separate utensels for those occasions?

Workers cross contaminate food by using the same utensils or gloves for serving those on campus who may be lactose-intolerant, allergic to eggs, vegetarian or vegan as those who aren't.

Yes, it's 2015.

People are more aware about what they consume. It's time the college's food service management get on board with that concept and do what they verbally promised when they bid for the contract with the college.

—NAME WITHHELD BY REQUEST

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Opinions expressed are those of the author and do not necessarily represent those of the PIONEER, the college or the publisher.

The PIONEER welcomes letters to the editor and encourages the use of this publication as a community forum. All letters must include the author's name, address, phone number and signature. E-mail letters should include all but the signature. The PIONEER will withhold the author's

name if the request is made in writing.

The PIONEER has the right to edit all letters and submissions for length, libel and obscenity. Letters should be no more than 250 words. Students must list their major. OCCC staff and faculty must list their work title.

Letters to the editor can be submitted to the PIONEER office, located in room 1F2 on the first floor of the Art and Humanities Building, mailed to 7777 S May Ave., Oklahoma City, Okla. 73159, or submitted via e-mail to [editor@occc.edu](mailto:editor@occc.edu) with a phone number for verification included. The PIONEER ONLINE also can be accessed at <http://pioneer.occc.edu>.

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## COMMENTS AND REVIEWS

**MUSIC REVIEW** | Local alt rock band influenced by Brand New, Death Cab for Cutie

### Thin Skin releases worthy \$3 LP

While Oklahoma City is not really known for its local music scene, that does not stop local musicians from plying their trade around the city, and sometimes outside of it as well.

This is the case for local alt rock outfit Thin Skin.

Thin Skin, consisting of Dalton Farr on guitar and vocals, Payton Collins on guitar, Alex Skaggs on bass guitar and backup vocals, and Andrew Dolman on drums, have been around since late 2013.

Taking influence from popular bands such as Brand New, Death Cab for Cutie and Manchester Orchestra, Thin Skin provides melodies that seduce and vocals that attract those who are fond of punk and emo rock from all generations.

In response to their first release, a self-titled EP dating back to December 2013, Thin Skin released an EP titled "Morning Colors" on Jan. 11.

Highlighted by the track "Homecoming," which was released prior to the EP's arrival and was given immediately for download as a reward to those who preordered "Morning Colors," the EP provides tunes that leave the heart and soul begging for more, as

well as the ears.

But that is just it. I found myself asking for more. The EP satisfied my desire for new music from the fantastic foursome, but the EP's length of four songs, totaling almost 17 minutes, kept me craving more.

If I were forced at gunpoint to choose between "Morning Colors" and their self-titled "Thin Skin EP," I would probably choose the latter.

However, that does not mean that I dislike their newest work. It has some very catchy tunes that I found myself listening to over and over.

It was just missing that little something to make it perfect.

With that being said, for a simple sum of only \$3 on <http://thinskinokc.com>,

you can't really go wrong with picking up this EP.

To keep tabs on the band and learn about future shows they may be playing, "like" their Facebook page at [www.facebook.com/thinskinOKC](http://www.facebook.com/thinskinOKC).

**Rating:** B+

—CLAYTON MITCHELL  
SPORTS WRITER



### Radio app delivers on all counts

Arguably, the single and most important question I ask when scrolling through the intrepid one-liner specs before installing an app is "Yes, but does it work?"

Unfortunately, I find with most apps this is an unattainable expectation; far more dependent on motivation and talent than exorbitant budgets or organized displays.

Install any pizza chain's "quick and easy" app and slowly disintegrate into frustrated hunger pains while using your last calorie to click the tantalizing "order now" button for the 30th time. Disheartened, you come to terms with actually having to call it in and, for at least the time it takes for the pizza to be delivered, contemplating if you do indeed live in the "digital age."

Much to my surprise and delight, TuneIn Radio is not one of those apps. With 100,000 radio stations, 4,000,000 podcasts, and skipable ads all streamed for free, TuneIn Radio has at least a couple of hundred hours worth of content up anyone's alley. So, like the long-haul trucker who was grandfathered into unlimited data, you will never run out of content.

Being an avid radio and podcast listener, I have attempted to use at least a dozen radio apps, always disappointedly uninstalling them after finding they have a two-minute run time before crashing.

TuneIn Radio is not perfect either, but I excuse its occasional crash for the hard hitting, information-dense audio content, and not developer flaws. I would be willing to bet the app's functional shortfalls are due to the limitations of obtaining live radio over WiFi or data, as opposed to incompetence. Going by their developer blog, I bet they will get the reasonable kinks sorted out.

If I were physically capable of paying for software, I would tell you about how much I enjoy the Premium version, but I am not. So I'll make an assumption that the \$8.99 Premium version is probably worth it, clearing the pesky banner ads, allowing their clean, well-colored, and well-proportioned UI to shine, the skipable short audio ads probably gone too.

Download TuneIn Radio, use TuneIn Radio. It will make your life better, and I don't need to give you a money back guarantee as it is free.

—GRANT SWALWELL  
PODCASTER

**FOOD REVIEW** | Thankfully, pizza is easy to order

### There's nothing like mom's cooking

Everyone thinks his or her grandma cooks better than anyone. From cookies to pot pies, no one's grandma is better than your grandma.

Then there are those who skip grandma altogether and go straight to mom. I would be guilty of that, but my grandma can still cook anything better than your grandma.

When I was growing up my mom would get an itch to try new recipes and put things together to make something new. Most of the time she succeeded, and the other times the pizza she ordered was excellent, too.

Now that I am a mom myself, I have made and perfected my own recipes. A little piece of me still misses my mom's cooking, and that's what led to my attempt to try and be my mom for dinner one night.

To anyone, it would just be a stir fry dinner, but to me, it was my mom's amazing beef stir fry.

I am her daughter, so that means I can make it just like her. Just as a precaution though, I made sure to call at least three times to make sure I bought the right

meat: filet. With my mom-like attitude, I made sure to act just like my mom while preparing dinner. Put the

pan on the stove, slice and add the meat, add the butter and Italian dressing to taste, and cook until the meat is done. With a small dollop of BBQ sauce, mix it well and serve.

With a smile of satisfaction on

my face, I called my family to dinner for something new to them. But the turnout of my mom's recipe? Let's just say that the pizza I order is excellent as well.

When it comes to making my mom's dinners, no one can do it like her. From now on I'll let her stick to her recipes, and I'll stick with making my own. I will just have to visit her on the nights she makes her stir fry because no one can make it like my mom, not even her own daughter.

**Rating:** B

—KATIE AXTELL  
COMMUNITY WRITER





# COMMENTS AND REVIEWS

FROM THE VAULT MOVIE REVIEW | Car chase scene alone is worth watching

## ‘French Connection’ one of finest ’70s films

The 1970s crime thriller “The French Connection” is an impressive film worth watching and is available on Netflix.

The story is about two New York City narcotics detectives who stumble onto a heroin-smuggling job from France.

The two detectives try to intercept and arrest the wealthy French criminal who’s running the drug trafficking syndicate.

Ernest Tidyman adapted the screenplay from the 1969 non-fiction book by Robin Moore.

Gene Hackman earned his first Academy Award in this film for his stunning lead performance as the obsessive Detective “Popeye” Doyle.

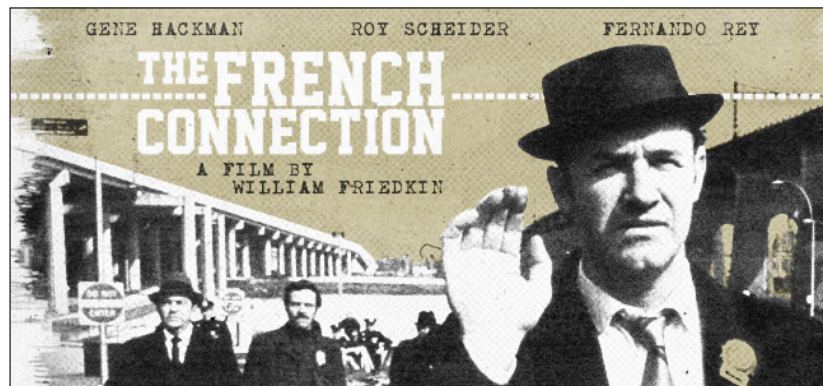
Roy Scheider gained a Best Supporting Actor nomination for playing Popeye’s partner, Detective Buddy “Cloudy” Russo.

Popeye and Cloudy are based on real-life New York City police detectives, Eddie Egan and Sonny Grosso.

In this film, the line between criminal and police officer is extremely thin.

The villain is a well-mannered, loving husband.

Hackman’s anti-hero is an abrasive, racist brute.



The tactics used to get information out of criminals is extreme, unethical and sometimes illegal.

And the best part is that the two detectives don’t feel guilty or ashamed for harassing suspects — they enjoy the hell out of it.

Aside from performances and story, this film also has one of the most intense and memorable car chase sequences ever filmed.

If you don’t watch this fantastic movie then at least check out the car chase sequence on YouTube.

Director William Friedkin (The Exorcist), approached this story by incorporating tactics used in

documentary and guerrilla filmmaking.

Apparently, the traffic jam scene on the Brooklyn Bridge was managed by actually creating a real traffic jam on the Brooklyn Bridge without permits.

The scene in the New York City subway also was done without permits.

And because of Friedkin’s approach, “The French Connection” won five of the eight Academy Awards it was nominated for in 1972, including the Best Director and Best Picture Oscars.

Overall, “The French Connection” is an energetic cop movie with filmmaking tactics as fierce as the story’s characters.

**Rating:** A+

—ETHAN COOPER  
PHOTOGRAPHER

RESTAURANT REVIEW | Some Jewish delis would be a great addition to the state’s food selection

## Oklahoma needs pastrami, tongue

Oklahoma doesn’t have much exotic food. However, if you look hard, you can find a somewhat authentic Italian place. There also are a couple of nice Mediterranean joints. And for some reason, we have a great selection of Vietnamese food too. But we need to take a page from New England’s handbook and get some Jewish delis.

Harold’s New York Deli in Edison, New Jersey, is the perfect example of how good life can be once you leave the South.

Imagine ordering a sandwich that’s stacked a foot high with nothing but meat and a couple of lettuce leaves. Imagine eating soup with a matzah ball the size of a baby’s head. You’re not dreaming. You’re at Harold’s. Harold loves you.

Obviously, the giant portions are meant for an entire family to share. Though the hilariously huge skyscraper sandwich has only two slices of bread on it, there are stacks and stacks of free bread to use for building individual sandwich houses.

Every time a waiter brings food to a table, you can hear the family seated there laugh in disbelief.

Customers can munch upon roast beef, corned beef, pastrami and even tongue.

Most Oklahomans have never tasted pastrami,



and have only eaten tongue in their hot dogs. They also serve big mugs filled with Birch beer which is similar to root beer, but can’t be found in Oklahoma.

A New York-style deli in Oklahoma would be like an ice cream stand in the Kalahari. It would be an oasis of the good, hearty food that the Yankees in the northeast take for granted every day.

The desserts are equally silly and equally yummy. Harold’s has cakes the size of a cube from a “Portal” game. For those who aren’t gamers, the cakes are the size of a ’90s computer monitor.

The main appeal of Harold’s, though, isn’t even the taste of the food or the fun atmosphere. The great thing about it is how un-Olive Garden and un-Applebee’s it is. It is so refreshing.

It may seem like people are too set in their ways to try anything new, but that just isn’t true. McDonalds and Pizza Hut used to be new things, too. It is time to kick the tasteless hamburgers out of our country and open ourselves to a Jewish invasion, bubala.

Harold’s — please head south.

**Rating:** A

—JAKE MCMAHON  
VIDEOGRAPHER

## TOP 20 MOVIES

Weekend of Jan. 23 through Jan. 25  
[www.newyorktimes.com](http://www.newyorktimes.com)

1. *American Sniper*
2. *The Boy Next Door*
3. *Paddington*
4. *The Wedding Ringer*
5. *Taken 3*
6. *The Imitation Game*
7. *Strange Magic*
8. *Selma*
9. *Mortdecai*
10. *Into the Woods*
11. *The Hobbit: The Battle of Five Armies*
12. *Unbroken*
13. *Birdman*
14. *Night at the Museum: Secret of the Tomb*
15. *Blackhat*
16. *The Theory of Everything*
17. *The Hunger Games: Mockingjay, Part 1*
18. *Wild*
19. *Cake*
20. *Spare Parts*

# All students welcome to be part of ESL conversation group

ELIZABETH WATKINS  
News Writing Student

International students Shabina Aga, from India, and Ali Basheer, from Iraq, came together one day last semester for another weekly meeting where they could practice their English with others learning the language.

They were joined by American student volunteers, as well as the staff leader for the English as a Second Language discussion sessions.

The hour and a half meeting gave a smile and some laughter to everyone in the room at some point.

Basheer said he attends the meetings regularly and is about to finish his third semester as an OCCC student.

"I had fun today," he said. "The ESL meetings are good for me because they help me improve my English lan-

guage and pronouncing things.

"When I came to school here, I didn't know anyone. The group meetings help me make new friends ..."

OCCC's Senior Communications Lab Assistant Lydia

Rucker leads the group. She invites men and women of all backgrounds to join the ESL discussion groups this spring.

Rucker's passion is to make sure the ESL discussions groups are fun and effective for everyone who participates.

"My favorite part about this is we do a variety of activities each week together," she said. "But the students who come from different parts of the world are actually teaching me new things about

“When I came to school here, I didn't know anyone. The group meetings help me make new friends ...”

—ALI BASHEER  
OCCC STUDENT FROM IRAQ

their culture too.”

The smiles Aga and Basheer carried from the moment they walked in lifted the mood in the entire room.

Aga laughed along with others when students were paired up and led around the room by their partner's hand.

Once the activity was over, Rucker asked the class: "Did you all notice that once everyone around you was doing the same silly things, it made you not care about what others were thinking about you?"

Though not every English word spoken by the two students came out completely clear, their smiles reflected their excitement about learning new

skills and speaking with new people.

The meetings are open to International and American students who are looking to improve their self-esteem and fluency when it comes to public speaking, Rucker said. The discussions not only help build communications skills but also they are a fun way to be involved and make friends.

Rucker wants to spread the word about OCCC's ESL meetings so that the number of people participating each week will expand.

Basheer commended Rucker's leadership.

"I like Lydia," he said. "She is nice."

The ESL conversation groups meet each Thursday from 12:30 to 2 p.m. in VPAC room 146.

For more information, contact Rucker at 405 682-1611, ext. 7105, or email at lrucker@occc.edu.

## ESL Conversation Group

...a fun, safe, student – centered group that helps strengthen the self-esteem, fluency and cultural awareness of English Language Learners at OCCC.

Thursdays 12:30 p.m. – 2:00 p.m.

**Begins January 29<sup>th</sup> in VPAC 146**



## Tresspassing reported to police

JORGE KRZYZANIAK  
Senior Writer  
seniorwriter@occc.edu

A disturbance and trespassing were recently reported.

A student entered a restricted area behind the Wellness Center desk Jan. 21, prompting a call to campus police. Officer Bruce Funderburk was told the man was "creating a disturbance" and being confrontational.

Funderburk interviewed the student and reported him as being "aggressive but relatively polite" in conversation.

The student, whose name was redacted from the report, told the officer he was trying to

help another student who had been waiting at the desk unassisted. Funderburk told him that under no circumstances was he to enter any restricted areas of the campus.

In another incident, police conducting an off-campus security check on Jan. 24, discovered a pane of glass had been removed from a frame at the Capitol Hill Center.

According to Officer Tim Harris' report, he searched the building after finding the unsecured opening. The report shows everything appeared to be in order inside and no one was found inside.

Harris secured the door nearest the window but was

unable to secure the glass. A Facilities work order was filed for the repair.

Information redacted from the reports was done so under the direction of Marketing and Public Relations Director Cordell Jordan who said names are redacted "according to OCCCPD Standard Operating Procedures involving information released and information withheld." To obtain a copy of the procedure, email cjordan@occc.edu.

To contact campus police, call 405-682-1611, ext. 7747.

For an emergency, use one of the call boxes located inside and outside on campus or call 405-682-7872.

## STEP UP. OPPORTUNITY AWAITS AT SOUTHWESTERN COLLEGE

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# Black History month celebrated

**KATIE AXTELL**  
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**BRYCE MCELHANEY**  
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February is Black History month — a time when things that wouldn't normally be talked about are discussed, said Political Science Professor Sharon Vaughan.

Vaughan will speak about the topic at a special Brown Bag meeting at 12:30 p.m. Feb. 18 in CU3.

"My talk is going to be of really three unique people we need to study, and that will be Gandhi, Martin Luther King, and Nelson Mandela," she said.

Vaughan said she's not sure what the celebration of black history means in today's society, or even how important it is to most people.

"It's important to me because it's the one chance we get to focus on important individuals," she said.

"I wish we didn't have these segmented compartmentalized treatment of issues. That should just not be the way.

"Maybe that's the case because we're all so busy and that's the way we do it now."

Vaughan said there is still hope for younger generations to learn about those who have dedicated their lives for peace.

"I think it's important for younger children especially to be cognizant to some of the battles and struggles, and things that have happened," she said.

Liberal Arts major Jason Brown agreed, saying Black History month should be talked about more in American history courses.

Brown said one month isn't long enough to celebrate all that blacks have contributed to American history.

"I think we take Black History month for granted," he said.

"At least blacks should be celebrated more extravagantly."

Forensic Science major Channey Gibson agrees.

"I think it should be talked about more," she said.

"Nobody really acknowledges it. It's not really talked about in classes, or anywhere really."

Vaughan said the younger a person is, the more cognizant he or she may be about equality and skin color.

"[Skin color] is a morally arbitrary feature and has nothing to do [with] the content of your character," she said.

"I've always said people are not born bigots or racists. You have to be taught to be one. It's a learned behavior from your peers or your family."

Vaughan said younger children need to become more familiar with Martin Luther King, Rosa Parks, and Malcolm X for a better understanding of what the civil rights struggle meant.

"The civil rights struggle led by Dr. King actually helped with the women's movement, the gay, lesbian, transgender movement, and it set the precedent for many civil rights movement. It's important."

## What is the significance of Black History month?



"It's a time to reflect on the people who fought for equality. A lot of people look up to figures like Martin Luther King. He brought a nation together, so to speak."

—CHELSI HILL  
BROADCAST JOURNALISM  
MAJOR



"At one point in time, it probably would have meant something very important. I think now it's lost some of its importance to a lot of people ... It's not as impactful as it used to be."

—JOHN BOONE  
DIVERSIFIED STUDIES  
MAJOR



"To me, equality is extremely important. And I admire people like Martin Luther King Jr. ... Equality should be an everyday thing. But I think [Black History month] is there to remind us of what it used to be and what it is now."

—LISA TORRES  
VETERINARIAN MAJOR

## NOTABLE PEOPLE



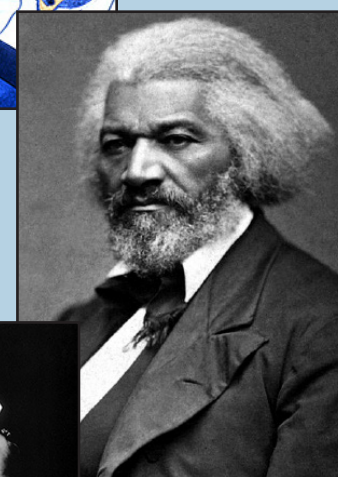
**Barack Obama**  
U.S. President



**Maya Angelou**  
Author, Poet,  
Singer, Actress



**Ernie Banks**  
Professional  
Baseball Player



**Frederick Douglass**  
Former Slave and  
Abolitionist Leader



**Louis Armstrong**  
Musician

—Courtesy  
www.google.com



# Students come face-to-face with cadavers

Follow three Human Anatomy students as they learn about the human body up close

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In a room located on the second floor of the SEM Center, there are six preserved human bodies ready to help students who are enrolled in OCCC's Human Anatomy class succeed.

One of those students is Bart Consedine.

Consedine said he's making his second run at BIO 2255. In this course, students study the human body and its systems through the dissection of human cadavers.

"There's definitely that morbid element to it that I wasn't sure how I'd react to," he said, "but it's just like anything else once you get used to it."

Consedine said the extensive research required in the class is far more intimidating than working with cadavers.

Nursing student Johnny Wong also is enrolled in the class. He said he's worked with cadavers in previous classes so he isn't nervous or anxious about it.

However, he said, there are those "superstitious people" who have expressed concern to him about the course material.

Wong agreed that the arduousness of the class itself is his chief concern.

He said he has studied at major universities and finds OCCC's anatomy class equally difficult.

Consedine and Wong both said they are impressed by OCCC's cadaver facility.

## WHAT TO EXPECT

Biology Professor Julian Hilliard teaches one of the classes.

He said although working with a human cadaver may come as a shock to some, most students have had some preparation.



ETHAN COOPER/PIONEER

Johnny Wong, Jordan Garner and Bart Consedine study for Human Anatomy class.

"Most students who are bio majors of any kind have dissected something else in high school — a frog or a cat, and that's actually quite good experience for getting used to a cadaver," he said.

Hilliard said although the embalming chemicals aren't identical to cadaver embalming chemicals, the smell is similar.

"An embalmed cadaver doesn't really seem like a live person at all," he said.

"It's shaped like a person, but the color is different, the smell is different. It's different enough that everyone knows where they are and they don't think they're in a zombie movie."

## RESPECT IS KEY

The state morgue supplies the bodies, Hilliard said, through the University of Oklahoma Health Sciences Center.

"They have a fairly large facility for holding cadavers in a pretty good number as part of the Willd Body Program," he said.

People who are interested in giving their bodies for a small amount of money go through the Willd Body Program, which requires them to agree to have their bodies dissected for education once they're dead, Hilliard said.

Hilliard said only certain students are allowed in the cadaver lab — those with a degree plan which requires the class such as pre-nursing, pre-physical therapy, or pre-pharmacy.

"It's only people who are going into certain health-care

fields who are expected to have a cadaver-based anatomy class," he said.

Hilliard said the classes meet two times a week throughout the semester, giving students 32 sessions in the cadaver lab.

"They dissect the cadaver every day they meet ..."

"It's not unusual ... for my students to have 10 hours a week of time in the cadaver lab."

Hilliard said while that may seem extreme, there are hundreds of structures to know which can only be learned with time.

Jordan Garner has a bachelor's degree in psychology but is at OCCC to study nursing. She is currently enrolled in one of the anatomy classes.

"This is my first interaction with a dead body," she said.

She said students were introduced to the cadavers on the first day and were already making incisions and discoveries.

Garner said she looks forward to obtaining a more profound knowledge of the human body and all of its intricate parts.

"I never realized how much there was to the human body," she said. "It's fascinating."

Garner said the cadavers aren't known to the students by name or any other designation, but their age and cause of death is documented.

She said professors, students and others involved in the process at OCCC are all very respectful of these people who have donated their bodies to education.

Consedine agrees.

"I was really impressed by it," he said. "Every part of the

remains is carefully accounted for ... and at the end, [the body] is cremated and returned to the family."

## STAYING FOCUSED

Hilliard said the lab receives six bodies per semester, excluding the summer semester. That has six students assigned to each cadaver.

"There's a direct correlation with grades and lab time."

The student drop rate is higher in this class than in some classes, Hilliard said, because the material is difficult.

"Some people just discover when they're around the cadaver that they hate this environment, but it doesn't happen as often as the public might anticipate," he said.

Garner said she's already over her initial apprehension.

"It's a little creepy at first," she said.

Garner said the cadaver lab, with its subjects shrouded respectfully in their white sheets before the work begins, can hold an air of spookiness for the uninitiated.

"But it gets easier once you get started," she said.

Seeing the cadaver's hair for the first time once the sheet was pulled back put things into a new perspective, Garner said.

"That was what made it more real."

Garner said there was no real way to prepare herself for the experience but she was lucky to have a friend who'd already taken the anatomy course.

"She said, 'If you don't volunteer on the first day, then you're never going to do it and you'll just watch other people do it.'"

"Once I tried it, I was fine."

## THE FUTURE

Hilliard said OCCC's cadaver lab is what makes the college stand out from most other community colleges throughout the country.

"With the few times I've looked it up, we've been one of fewer-than-10 community colleges in the U.S. with a cadaver lab, and there's hundreds of community colleges in the country," he said.

Though Hilliard has collectively spent 13 years in cadaver lab environments, he said he plans to spend less time in the lab for health reasons.

"The smell of embalming chemicals ... it's not the smell of death, not the smell of decay, it's a strong chemical that the bodies have," he said.

"Embalming fluid is fairly toxic, too. So I'm trying to reduce my exposure to those toxins."

Consedine said the chemical odor wouldn't affect his studies.

"But it definitely doesn't increase my appetite or anything," he said.

Hilliard said the students develop a new depth of maturity while spending time in the lab.

"[The students] are grateful for a good class," he said.

"They've been there and they've done that, having as much cadaver experience as some medical doctors get by the time they finish this class."

Garner said she is ready to tackle the class.

"Now that I've started, I'm really glad I got this opportunity," she said. "Whoever can get the opportunity, they should take it. I think everyone should experience it if they can. I think it's fascinating."

For more information about OCCC's Cadaver Lab, check out [www.occc.edu/biology/courses.html](http://www.occc.edu/biology/courses.html), or contact Hilliard at [jhilliard@occc.edu](mailto:jhilliard@occc.edu).

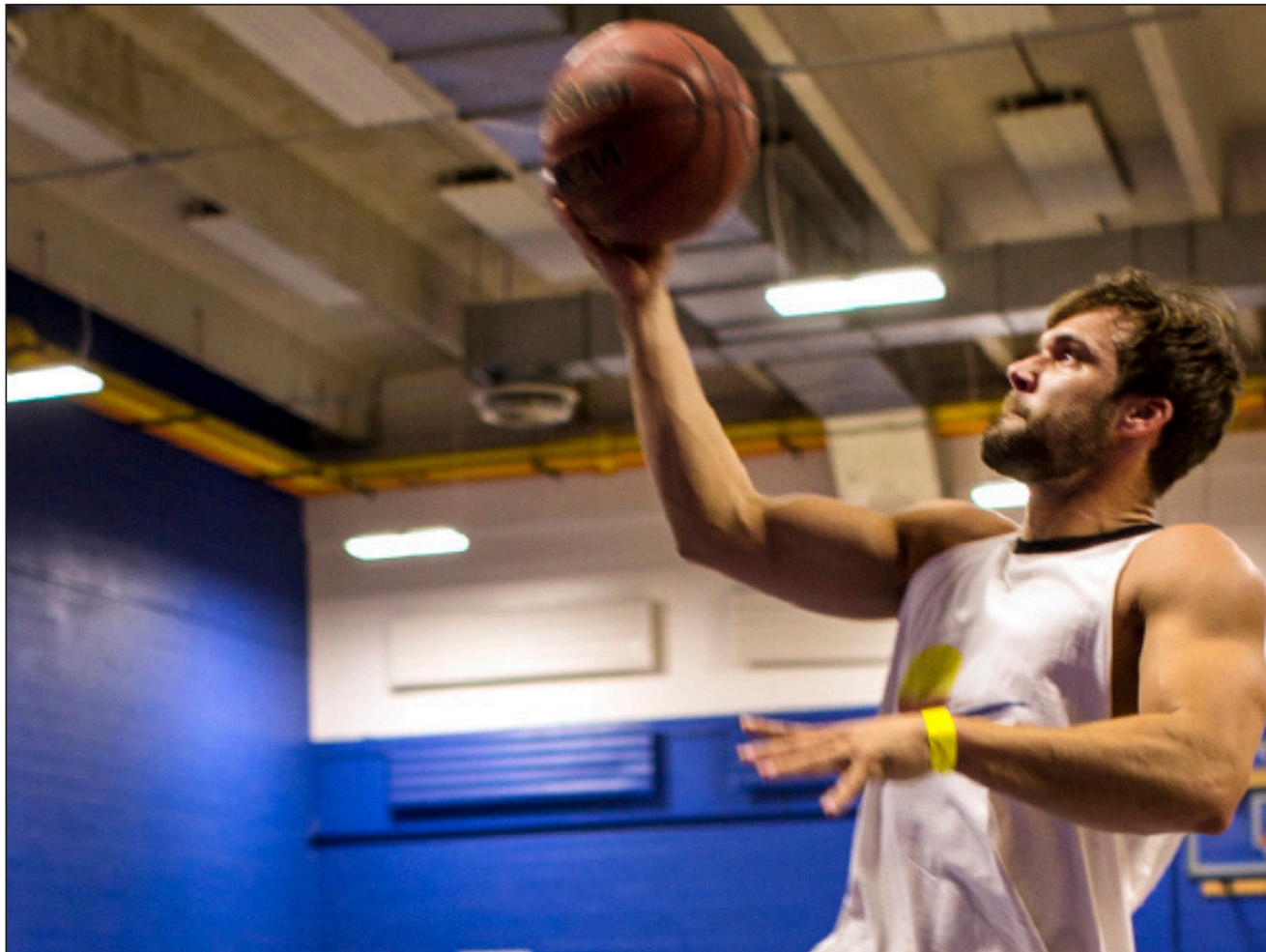
For more about the Willd Body program, visit [www.oumedicine.com](http://www.oumedicine.com) or call 405 271-2424, ext. 0.

This is part one of a three-part series that will follow the students through the semester. Look for part two in the March 13 Pioneer. See additional information at the Pioneer Online at <http://pioneer.occc.edu>.



## SPORTS

## Going in for the score



ETHAN COOPER/PIONEER

Nursing major Ricky Kendrick does a layup in OCCC's Wellness Center gym Jan. 21. The gym is free to all students with a valid student ID. Balls are available onsite. For more information, contact the Recreation and Fitness office at 405-682-7580 or visit [www.occc.edu/rf](http://www.occc.edu/rf).

**SPORTS** | Students can sign up as a team or as a free agent at [IMLeagues.com](http://IMLeagues.com)

## Basketball sign-up deadline is Feb. 3

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Sports Writer  
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The Feb. 3 deadline to sign up for the spring basketball season is quickly approaching, said sports assistant Matthew Wright, who oversees the intramural sports program at OCCC.

Wright said this sparks a busy semester for intramural sports.

"Of our spring sports, the basketball season is easily the most popular," he said.

Wright said giving students the first two weeks after school started Jan. 20 to organize teams or apply as a free agent and be added to an existing team was a fair amount of time.

"Usually we have at least four or five teams, and each team will have between six and eight guys," he said.

"I think we have five game days and depending on how well the season

goes — like if we have a lot of participation — I'll probably have an end of the season tournament."

The season is listed at IMLeagues as lasting for one month, from Feb. 4 to March 4.

Wright said all sign-ups for the league are done through the IM Leagues website.

"You just go on there and create an account," he said.

"Once you have that account, make sure it's linked to OCCC, and find the sport you want to do.

"You make your own team. ... You [can] be a team captain, you can join a team, or you can be a free agent."

Wright said a free agent, similar to professional sports, is someone who does not originally start with a team.

Those who register as a free agent would be put onto any team that needs more people.

"If we have a lot of free agents, we will

put them on one team together, but if there are just a few we will put them on the existing teams," he said.

The basketball season gives students an opportunity to meet other students with similar interests, and to have fun while doing it, Wright said.

Diversified studies major Austen Harris frequents the OCCC gym. He said the competitions sound fun.

"The best part about playing would be meeting new people and just having fun playing with people you've never played with before — and the competition of the whole thing," Harris said.

Wright said for others, the season is a chance to team up with friends and enjoy some competitive basketball.

For more information, contact Wright by phone at 405-682-1611, ext. 7684, or by email at [matthew.j.wright@occc.edu](mailto:matthew.j.wright@occc.edu), or contact the Recreation and Fitness department directly at 405-682-7860.

## EVENT NEWS

## SPRING 2015:

- Students with a valid OCCC ID can use the Aquatic Center free of charge. The Aquatic Center features two pools, and an 18½-ft. deep diving well with 1- and 3-meter spring boards and 5-, 7- and 10-meter platforms. For more information, visit [www.occc.edu/rf](http://www.occc.edu/rf).

- OCCC Group Fitness classes are offered at a variety of fitness levels and are spaced conveniently throughout the afternoon and late evening hours. Discounted group fitness passes are available. See more at [www.occc.edu/rf/cr-group-fitness](http://www.occc.edu/rf/cr-group-fitness).

- The Recreation & Fitness Center is open to students, faculty, staff and community members. The center features a 15,000-square-foot gym with two basketball courts and one recreational volleyball court, a cardio room with three treadmills, two cross trainers and two recumbent bikes as well as a weight room featuring a complete circuit of Cybex equipment and free weights. Students with a valid OCCC ID can use the facilities free of charge. For more information, visit [www.occc.edu/rf](http://www.occc.edu/rf) or call 405-682-7860.



Scan the QR code with your smart phone to be directed to a list of OCCC Intramural events, complete with the most current updates.

(Free QR code reader apps can be found online or in app stores on smart phones. Follow the directions for the app you download.)

All event news is due Monday by 5 p.m. for inclusion in the next issue. Email your news to [sportswriter@occc.edu](mailto:sportswriter@occc.edu).



# Accessibility: Student Support Services ready to give help

*Continued from page 1*

Rudat said his hope is that he will someday be put out of a job.

He said through the practice of “universal design,” all course content, college amenities and materials will soon be made with considerations for equal access built in.

Learning software and computers are already being designed to function equally for those whose strengths are in visual learning, as well as for those whose strengths lie in learning audibly or through hands-on experimentation.

“Companies are thinking that way because schools are starting to demand accessibility built into all of their products,” Rudat said.

Curriculums, electronics and entire campuses are being engineered with this kind of equal access in mind, he said, and professors and school administrators are learning to practice universal design as well.

Rudat said he expects all things to be so universally designed in the future that the need for positions like his — that focus on making accommodations where access is not yet entirely equal — will be eliminated.

“That time is approaching,” he said.

For now though, he said he will work hard to meet the needs of OCCC’s students.

Rudat said the college will do everything possible to

ensure all students can access education at OCCC on the same level.

Student Support Services will work with any students concerned about classroom disadvantages brought on by disabilities.

“Even if you’ve never been diagnosed,” Rudat said.

He said students who are concerned they may have disabilities that have gone undetected can go to Student Support Service to learn about ways to address whatever problems they’re having, he said.

“We can get testing done.”

Registrar Allen Stringfellow said students should not hesitate to address any issues they may have. He said the details remain confidential.

“[Student Support Services doesn’t] communicate to the faculty what the illness or the problem is,” he said.

“All they tell a professor is what accommodation to provide to the student.”

Rudat said accommodations at OCCC are not, however, designed to provide students with an advantage over others or assure they will pass the class.

“Not that we want this to happen,” he said, “but a student could technically get accommodations that give them full access to their class and still fail the class.

“We are not here to guarantee success or help with success although we want success for our students.”

Under the Americans with

Disabilities Act, OCCC will make reasonable accommodations to all disabled students, Rudat said.

“It’s going to be specific to what your disability is and how that impairs you in an educational setting and then what’s a reasonable accommodation for equal access,” he said.

Students with disabilities seeking academic adjustments or accommodations must request them through the Student Support Services office located on the first floor of the Main Building.

For more information or to make a request, visit Student Support Services on the first floor of the Main Building or call 405-682-7520.

## Tickets: Cultural Program shows free to OCCC students

*Continued from page 1*

... to just bring a friend and give them a chance to watch really high-quality performing arts for free.”

Bardeguéz said free tickets can be picked up between 1 and 5 p.m. in the VPAC Theater box office located in the theater lobby or on the night of the show if there are still student tickets remaining. There also will be a kiosk set up from 11 a.m. to 1 p.m. the week before each performance in the general dining area.

Students, faculty and community members will have the opportunity to see shows from internationally accredited orchestras to world traveling dance performances, Bardeguéz said. He said his department looks for unique shows that will appeal to a broad audience.

“Our series showcases shows that you can’t find anywhere

else in OKC,” he said. “It’s kind of an interesting mix.

“Our subscribers are community members, students, faculty members — people that have all kinds of different tastes.”

Bardeguéz said each performance is different from the last with entertaining shows to intellectually challenging shows. He said the diversity provides cultural enrichment to those who attend.

“We look at the performing art series as part of student life and part of the complete student,” he said. “You can go to class and learn a lot about a subject, but what makes you a really rounded individual is also live experiences.

“When you come and watch all the shows ... you experi-

**“We look at the performing art series as part of student life and part of the complete student.”**

—LEMUEL BARDEGUEZ  
CULTURAL PROGRAMS DIRECTOR

ence something you wouldn’t have anywhere else, or not yet anyways. It’s exposing you to a new genre or a new type of show and performance and music. It’s part of the educational growth.”

Bardeguéz said several shows are still on the calendar.

The Glenn Miller Orchestra will perform at 7:30 p.m. Tuesday, Feb. 10. The band will perform the original music of Glenn Miller, he said.

“That’s going to be a traditional big band era type of show with a vocalist. They will be playing traditional jazz arrangements.”

The Chamber Orchestra Kremlin will be coming from Russia to perform at 7:30 p.m. Thursday, March 26.

“They are a phenomenal group,” Bardeguéz said. “They play with a lot of energy and are really proficient technically, and the conductor does a great job of bringing the ensemble together.”

Their performance will be the first time for the OCCC concert hall to be showcased, he said.

“That’ll be our first perform-

ing arts event that is an acoustic show.”

The season’s closing performance will be the Pilobolus Dance Theater. The group is known best for their shadow curtain work, Bardeguéz said.

“We’re very excited to have them because our hall is well suited for dance. All the seats are right on top of the stage. There really is no bad seat in the house.”

Bardeguéz said he sends out an email to all current students about tickets and upcoming performances.

For any more information, contact the Cultural Programs office at culturalprograms@occc.edu or 405-682-7576.

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# CAMPUS COMMUNITY

## Drawing inspiration



ETHAN COOPER/PIONEER

Bao Phan had his caricature portrait drawn by local artist Hector Lopez as he was dropping off his brother at OCCC. Lopez did several free sketches outside the Communications Lab on Jan. 21 as part of Welcome Week. To view more of Lopez's art, visit [instagram@hecklopez.com](https://www.instagram.com/hecklopez.com)

**COMMUNITY** | Club president says all students are welcome to join

## Agnostic, atheist club added

**KATIE AXTELL**  
Community Writer  
[communitywriter@occc.edu](mailto:communitywriter@occc.edu)

OCCC's Agnostic, Atheist and Freethinkers Club welcomes new members with open arms, said Club President Benjamin Mowbray.

Mowbray said the goal of the club is stated in its purpose statement: "We bring together and support non-believing and religiously questioning members of the OCCC and local community, and provide a safe and welcoming environment to engage in open dialogue, skepticism, and critical thinking of secular issues. ...Our goal is to provide a support system for people who don't believe or are on the path of doubt and question religion."

Mowbray said a few of their events will include a weekly Socrates Cafe where they will discuss various philosophical topics, fundraising for charity and a Star Wars day on May 4.

"We are also doing a monthly movie night where we're going to watch a movie and talk about it," Mowbray said. "It'll be covering either a philosophical, secular or religious related topic."

"We'll also be going over the book 'The Pig That Wants To Be Eaten' by Julian Baggini."

Mowbray said with the tension that typically surrounds religious issues, the word atheist is often taken out of context and misunderstood.

"Our goal is not to bash religion," he said. "Our

group will not engage in hostility towards individuals, but we will openly question any idea."

Mowbray said critical thinking is important when discussing religion, as well as being open to questioning everything about the topic.

"You have to be open to saying 'is this true, is this the correct thing that I'm looking at?' So people who say that atheism is all about bashing religion are people who haven't had a chance to experience all of what the secular community is about."

Mowbray said that 16 percent of Americans are either atheist, agnostic, or secular non-religious, according to Pew Poll research.

"Every poll that I've seen beyond that one show people under 30 are even more likely to be non-religious," he said.

"OCCC up until now has not had any sort of support system directly aimed at those students, so we're really happy the club is around and able to provide that community for them."

Mowbray said AAF has just become affiliated with the Secular Student Alliance, an affiliation of more than 300 clubs across the country at multiple universities.

Charlie Mowbray, a member of the AAF club and Benjamin Mowbray's wife, said atheists are "just like everyone else. We just don't believe in a god."

For more information, contact Benjamin Mowbray at [AAF@my.occc.edu](mailto:AAF@my.occc.edu) or at the club's facebook page at [facebook.com/AAFATOCCC](https://www.facebook.com/AAFATOCCC).

## CAMPUS HIGHLIGHTS

### Brown Bag meeting to focus on transfer process

A Brown Bag luncheon on transfer basics will take place at 12:30 p.m. Tuesday, Feb. 3, in CU3. The meeting is open to all students who want to learn more about transferring from OCCC to another college or university. For more information, contact the Student Life office at [studentlife@occc.edu](mailto:studentlife@occc.edu) or call 405-682-7523.

### Fan Fiction and Art contest accepting entries

The Fan Fiction and Fan Art Contest will be accepting entries from Sunday, Feb. 1, until 6 p.m. Sunday, Feb. 15. Fan art can be any medium and contain original characters, but must contain copyrighted characters as the main theme. For more information, visit [www.metrolibrary.org/dog-eared/01-14-2015/fan-fiction-fan-art-contest](http://www.metrolibrary.org/dog-eared/01-14-2015/fan-fiction-fan-art-contest).

### Performing troupe to visit VPAC Theater Feb. 6

The Whirling Dervishes of Rumi will perform at 7:30 p.m. Friday, Feb. 6, in the VPAC Theater. Ticket prices range from \$20 to \$25. For more information, email [culturalprograms@occc.edu](mailto:culturalprograms@occc.edu) or call 405-682-7576. For more about the group, visit <http://www.whirlingdervishes.org>.

### Glenn Miller Orchestra in VPAC Feb. 10

The Glenn Miller Orchestra will perform at 7:30 p.m. Tuesday, Feb. 10, in the VPAC Theater. Ticket prices range from \$25 to \$45. For more information, contact Cultural Programs office at [culturalprograms@occc.edu](mailto:culturalprograms@occc.edu) or 405-682-7576.

### Blood donors needed Feb. 11 and 12

OCCC will host a blood drive from 10 a.m. to 3 p.m. Wednesday, Feb. 11, and Thursday, Feb. 12, in the General Dining Area. For more information, contact the Student Life office at [studentlife@occc.edu](mailto:studentlife@occc.edu) or 405-682-7523.

### Volunteer Fair scheduled for Feb. 11

There will be a Volunteer Fair from 10 a.m. to 2 p.m. on Wednesday, Feb. 11, on the first floor of the Main Building. Multiple agencies will be there to give information about volunteering and service learning options. For more information, contact the Student Life office at [studentlife@occc.edu](mailto:studentlife@occc.edu) or 405-682-7523.

### Scholarship money available for OCCC students

The OCCC Foundation has more than 30 scholarships available for students. The deadline to apply is Friday, Feb. 20. An email about the scholarship opportunities has been sent to all current students. For more information, contact Institutional Advancement Development Director Jennifer Harrison at [jharrison@occc.edu](mailto:jharrison@occc.edu) or 405-682-1611, ext. 7771.

**All Highlights are due Monday by noon for inclusion in the next issue. Email your event to [editor@occc.edu](mailto:editor@occc.edu) or drop by the Pioneer office located in AH 1F2.**



CLASSIFIEDS

Pioneer classified advertising is free to all enrolled OCCC students and employees for any personal classified ad. Ad applications must be submitted with IDs supplied by 5 p.m. Fridays prior to the next publication date. For more information, call the Ad Manager at 405-682-1611, ext. 7674, or e-mail adman@occc.edu.

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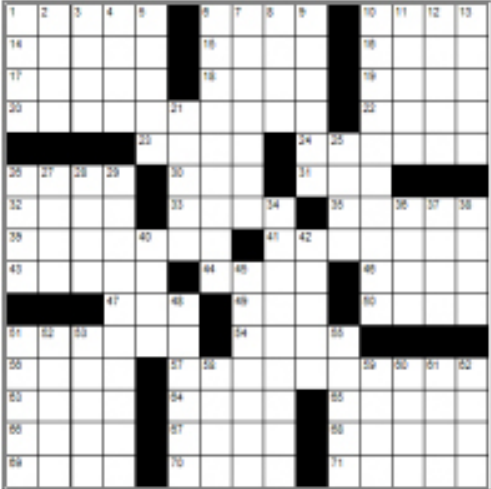
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20. Never-ceasing  
22. Dull pain  
23. Devil tree  
24. One or the other  
26. Aquatic plant  
30. It is (poetic)  
31. Large flightless bird  
32. Blunder  
33. Does something  
35. Asphalted  
39. Polish remover  
41. Bliss  
43. Part of a stair  
44. Box  
46. If not  
47. Record (abbrev.)  
49. East southeast  
50. Accomplishment  
51. Skin pattern  
54. Throat-clearing sound  
56. Laugh  
57. Declaration  
63. Angers  
64. Stigma  
65. Twilled fabric  
66. Outlay  
67. Sea eagle  
68. Supporting column  
69. Leg joint  
70. Sounds of reproof  
71. Affirmatives




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13. Drive  
21. Moon of Saturn  
25. Rascallions  
26. Food thickener  
27. Hubs  
28. "Comes and \_\_\_\_"  
29. A delayed flavor sensation  
34. Coasts  
36. Sheltered spot  
37. Being  
38. Not the original color  
40. Chocolate cookie  
42. Angler's basket  
45. Agricultural laborer  
48. Girdle  
51. Not thin  
52. Moses' brother  
53. Not those  
55. Untidy  
58. Beige  
59. French for "Head"  
60. Colored part of an eye  
61. Leer at  
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# Accounting lab available to help students succeed

LAUREN DANIEL

Online Editor

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Tucked away in the northeast corner on the second floor of the Main Building in room 2R1 is a hidden gem. The Accounting Lab isn't one of the most well-known resources on campus, said Myra Decker, accounting lab supervisor. However, she said, accounting students need to be aware of the available help.

Students enrolled in Accounting I Financial and Accounting II Managerial can stop by the lab to get help with homework assignments, use the computers to complete homework on Connect, or simply to study, Decker said.

"Students can use the lab without needing help," she said. "It's just a nice quiet place to study. We have arranged it with small groupings of tables, so sometimes they just naturally form little groups or just use it as a place to study ..."

Decker said in addition to getting assignments

checked and questions answered, students can get practice questions or practice tests.

"We don't keep a file of old classroom tests," she said. "It's not that kind of thing like at some universities, sororities and fraternities that have test files."

"It's not that kind of practice test. It's just an additional tool for students to kind of pretend like they're taking a test and see if they're prepared."

Unlike the Math Lab or the various science labs on campus, students are not taught in the Accounting Lab, or even required to come. Decker said students can use the lab as a resource. It does not take the place of a class period.

"The lab is not a substitute for class. It's not a teaching lab," she said.

Decker said learning accounting is like learning a foreign language. She said the Accounting Lab is the best place on campus to help students get a firm foundation.

"We specifically help them in the accounting classes," she said. "The Math Lab is not equipped to help the accounting students. This is strictly for the

accounting students."

Students who start falling behind should visit the lab, Decker said. Waiting until the last minute to learn everything isn't a good decision, she said, especially if students want a good grade.

Decker said it's impossible to learn the material right before an exam.

Around 3,300 visits were made to the lab during the fall 2014 semester. Decker said students should take advantage of the lab.

"I don't think you'll find an accounting lab at any of our transfer institutions," she said. "We frequently hear back ... from students who've used our lab who've gone on to universities in the area, and they were surprised and disappointed saying, 'They don't have an Accounting Lab.'"

"That's just part of the college's support to help students be successful," Decker said. "Accounting is one of the more challenging disciplines for some students, so we're just trying to help with that success."

For more information, visit [www.occc.edu/business/accountinglab.html](http://www.occc.edu/business/accountinglab.html) or call 405-682-7286.

# Career Transitions program offers many hope for the future

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Virgil Teter was once working various jobs in fast food and retail, looking for a career opportunity. He then learned clerical skills while in the Career Transitions Program, which led to him getting a stable job.

Now, years later, Teter is back at OCCC working as the Career Transitions Retention Coach and earning his master's degree at the University of Oklahoma.

Teter said the Career Transitions Program allowed him to get an education and encouraged him to pursue his dreams.

Students are referred to the program by the Department of Human Services. Teter said the students are taught employment skills while in the program so they can re-enter the workforce.

After being referred, they are required to meet admissions requirements: a high school diploma or GED.

The Career Transitions staff works with the students to help make sure they utilize all resources on campus, Teter said.

They are able to choose from 118 certificates of mastery, technical occupational training, and degrees such as



Film and Video Production Technician, Child Development, Pharmacy Tech and Emergency Medical Technician, Photography, Nursing and Accounting.

Teter said he encourages students to pick a program they can build upon.

"Generally speaking, we want students to pick a certificate of mastery and then have in mind an associate degree down the road, long term," he said.

"So that way, with these stackable degrees, they're able to work toward self sufficiency and work toward a good job."

"At the same time, we want to help our students develop an orientation toward life-long learning, so even after the program, we want to see our students moving on to earn those associate degrees, and then beyond."

Tech centers offer similar programs,

Teter said; however, OCCC is better for students who intend to expand their education. He said some classes offered take a few months longer than others, but the end result is worth the wait.

"When a student comes here, we understand the goal is to get them back into the workforce. That's the ultimate, long-term objective, but we take the perspective that the best assistance we provide to students is to get them a new credential — whether it be a certificate or degree."

"That education is what's going to be able to provide them a foundation that they need, the economic security, and the greater chance of success and likelihood of being able to secure a job that pays a living wage and that can help support them and their families."

Although health care and clerical jobs seem to be the most popular within the program and will have the most openings in future years, Teter said students need to choose a career path appealing to their interests.

"Whenever you're doing what you want to do, whenever you're enjoying your work and enjoying your job, and enjoying your career, you create that job yourself," he said.

"It's a lot easier to find work if you don't have to feel like you're obligated to go, you don't have to feel like you're dragged in every day."

Teter said the program has a success

rate similar to the rest of the college. Most students have personal struggles they must overcome, but he said the Career Transitions staff is there to help.

"You're going to have some students who 'life happens' and they're not able to complete ..."

Teter said part of what is learned is being able to troubleshoot issues.

"How do you keep yourself out of your way so you can continue to go to class, so you can continue to do your homework, so you can finish out that entire semester," he said.

Not only do students expand their education, but also they learn life skills and get work experience.

Teter said students are often given opportunities for work-study jobs and internships in their career field.

The Career Transitions Program currently has around 20 students, and is looking to expand.

Teter said he is looking forward to the future and helping more students.

"We find our jobs pretty easy here. We do troubleshoot life's roadblocks, but generally speaking, every student here wants to succeed ..."

"... It's very important that they understand they have support, they have resources, they don't have to do it alone, and they don't have to give up on themselves or sell themselves short."

For more information, visit [www.occc.edu/career/index.html](http://www.occc.edu/career/index.html) or call 405-682-7844.